



## Member Advisory Statement

Members and guests are advised that they use the CRC premises, facilities, equipment, and program activities at their own risk. The City of Morgan Hill/YMCA reserves the right to revoke or refuse membership.

Persons with high blood pressure, heart disease, or other known medical problems, and pregnant women should consult their physician before exercising.

Be responsible for your level of participation in class.

If you are on any medication that will influence your exercise intensity, have any medical problems or complications, or have a history of heart disease or hypertension, please be sure to have your doctor approve your exercise program.

Participants in Aqua Fitness classes also must abide by all pool rules applicable during Recreational, Family, and Lap Swimming times.

Children under 13 years old may not participate in adult exercise classes. Please arrange for proper care for your child.